

# Winning Game Plan

-  Smart Training Routine
-  Diet Rich in Nutrients
-  Full Night of Sleep



# MOVE OUT WITH THE PERFORMANCE TRIAD

**Activity, Nutrition, and Sleep**



U.S. ARMY

LEARN MORE ABOUT THE PERFORMANCE TRIAD: **ACTIVITY**, **NUTRITION**, AND **SLEEP**  
AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)

Professional  
**SOLDIER  
ATHLETE**  
HERE IT'S NOT A GAME

